Conclusion: Complications are common after EPP, which tends to delay the start of ambulation. In particular, considering that cardiovascular complications affect ambulation, rehabilitation program and its performance criteria after EPP need to be established.

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Level of awareness and the extent of implementation of the community-based rehabilitation program of Mariano Marcos state university

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Background and purpose: MMSU recognized the importance of extending benefits to persons with disabilities through the establishment of its Community-Based Rehabilitation Program (CBRP). The CBRP is geared towards the improvement of gross motor functions of PWDs especially those of the lower economic strata and far-flung areas. This study aimed to evaluate the effectiveness of the CBRP in the delivery of its services since its implementation in 2007. Further, it aimed to present descriptions of the stakeholders' experience, identify factors that may contribute to its growth and success, and offer implementation suggestions.
Methods: The descriptive research design was used. The respondents were CBRP stakeholders like PWDs (n=40), barangay health workers (n=32), and health care providers (n=10) that were totally enumerated, as well as, community people from Batac City (n=55) that were purposively sampled. Validated questionnaires were used for each set of respondents. The parts were: I-profile, II-level of awareness, satisfaction, and effectiveness, and III-implementation suggestions. Descriptive statistics like frequency and percentage were used to analyze and interpret the data.
Results: Majority of the PWDs have recovered from their condition and improved their function (50%). Majority of the BHWs were very satisfied with the transfers and therapeutic exercises classes conducted to them (65.63%). Majority of the community people were aware of the implementation of the CBRP within their community (52.73%). Majority of the HCPs found CBRP effective in improving function and condition of the PWDs, imparting skills, knowledge and attitudes to the BHWs, and raising the level of awareness among community people (60%).
Conclusion: The CBRP is effective in the delivery of its services.

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Working conditions and occupational safety and health hazards of women fire fighters and law enforcers in Ilocos Norte

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Background and purpose: As women go into male-dominated occupations like firefighting and law enforcement, they meet new hazards which may either change or add to their existing occupational experience. Women's occupational safety and health issues and their effects in their multiple roles in the society are poorly understood and are being neglected. Thus, there is a need to properly understand the underlying safety and health hazards present in their workplace and the effect of these to them. The objectives of this study were: (1) to determine the working conditions, occupational safety and health hazards among women law enforcers and firefighters, and (2) to determine the relationships between the variables.
Methods: A descriptive-correlational design and purposive sampling were used. A total of 8 firefighters and 42 law officers from Ilocos Norte participated in this study. To gather data, previously used Workplace Violence Assessment Questionnaire from Education Safety Association and Basic Occupational Health Questionnaire from Foundation for Quality in Occupational Health were adapted. Descriptive statistics and Pearson's correlation were used for data analysis.
Results: For the firefighters, there are significant relationships between job design with overwork (0.34, $p<0.05$); work relations with musculoskeletal disorders (-0.58, $p<0.01$) and overwork (-0.62, $p<0.01$). Relationships between workplace violence with job design (-0.417, $p<0.01$), management and colleagues support (-0.538, $p<0.01$), and work relations (-0.339, $p<0.05$) are found. Also, physical safety are correlated with work relations (-0.377, $p<0.01$), and job security, rewards and incentives (0.50, $p<0.05$). For the firefighters, significant correlation between job security, rewards and incentives with psychological stress (0.71, $p<0.05$) was found.
Conclusion: Occupational safety and health hazards prevailed slightly in the workplace of women law enforcers and firefighters. Health programs should be formulated and implemented for the safety, health and well-being of the women workers.

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Working conditions and occupational safety and health hazards of women security guards and engineers in Ilocos Norte

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Background and purpose: Security guards and engineers are nontraditional occupations where women comprise 25% or less of total employment. Evidence shows that women entering male-dominated jobs have encountered negative reactions and harassment and faced specific types of stressors in the sex-segregated workplaces of blue collar jobs, engineering, law enforcement, and other areas. Thus, this study determined the working conditions, occupational safety and health hazards among the respondents and the relationships between these variables.
Methods: A descriptive-correlational research design was used. There were 22 security guards and 20 engineers from Ilocos Norte were purposively sampled. Questionnaires used in previous researches such as Workplace Violence Assessment Questionnaire from Education Safety Association and Basic Occupational Health Questionnaire from Foundation for Quality in Occupational Health were adapted. Descriptive statistics and Pearson's correlation were used to determine the relationships between the variables of interest.
Results: As seen among security guards, there are significant relationships between work relations with psychological stress (-0.402, $p<0.05$), management and colleague support with musculoskeletal disorders (-0.40, $p<0.05$), and hostile environment with psychological stress (0.514, $p<0.01$). For the engineers, significant relationships exist between physical environment with psychological stress (-0.723, $p<0.01$) and musculoskeletal disorders (-0.695, $p<0.05$); job content with psychological stress (0.469, $p<0.05$); management and colleague support with musculoskeletal disorders (-0.474, $p<0.05$); work relations with psychological stress (-0.413, $p<0.01$) and musculoskeletal disorders (-0.397, $p<0.05$); and hostile environment with musculoskeletal disorders (0.733, $p<0.01$).
Conclusion: Occupational safety and health hazards are minimal in the workplace of women engineers and security guards. Assessment guides pertaining to good working conditions and occupational safety and health should be provided by the employers to their workers which should be done periodically.

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Compliance of selected food establishments in Caloocan city with the Philippine accessibility law (BP 344)

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Background and purpose: Batas Pambansa 344, otherwise known as The Philippine Accessibility Law, is an Act to enhance the mobility of disabled persons by requiring certain buildings, institutions, establishments, and public utilities, to install facilities and other devices. Food establishments are one of, if not the most, frequently visited public buildings, even by people with disabilities (PWD). However, the degree of compliance of these facilities to BP 344 has not been well-documented. This study aims to determine the compliance of selected food establishments with BP 344.
Methods: This is a descriptive type of research. The three fast food chain establishments, compliant with permit to operate and certificate of building occupancy issued by City Mayor's Office, were recruited for this study. The selection was based on their location to the largest main thoroughfare in Caloocan City (along Epifanio Delos Santos Avenue also known as EDSA), which made them very accessible to public in general. The selected food establishments approved and authorized the researchers to conduct further assessment on their compliance to BP 344. A checklist instrument was developed, patterned after B.P. 344 and its Amended Implementing Rules and Regulations under the Category II-Group E2 Classification of Building by use of occupancy concerning commercial and industrial restaurants, bars, cafeteria and the like. The compliance was measured using a rating scale of 2.34 to 3.00 as *compliant* (complied with most of the features/ requirements), 1.67 to 2.33 as *partial compliant* (complied with some of the features/requirements or provided modifications to

existing requirements), and 1.00 to 1.66 as *noncompliant* (did not comply with most of the features/requirements). No other tools or building guidelines were used to measure the compliance of selected fast food establishments. The instrument contains compliance of facilities, including walkways, corridors, entrances, doors, washrooms or toilets, ramps, larking areas, switches, handrails and threshold, evaluated by a team of 5 evaluators per establishment.
Results: The facilities of food establishment A found to be *compliant* with BP 344. (complied with most of the features/ requirements), were switches and doors. Walkways, corridors, entrances, doors, washroom and toilets, ramps and parking areas were rated as *partially compliant* (complied with some of the features/requirements or provided modifications to existing requirements). Handrails are the only *non-compliant facility* (did not comply with most of the features/requirements. Handrail extension, diameter and bilaterality should be observed. The doors, parking areas, switches and thresholds are architectural facilities of food establishment B found to be *compliant* while the walkways, corridors, entrances, washrooms/ toilets, ramps and handrails are *partially compliant*. No facility is *noncompliant* in food establishment B. The facilities of food establishment C found to be *non-compliant* are corridors, ramps, parking areas, switches and handrails while the walkways, entrances, doors and washroom/ toilets were *partially compliant*. Handrails are the only *compliant facility* in food establishment C.
Conclusion: This study found variability in the compliance of selected food establishments with the Philippine Accessibility Law. Non-compliance with existing standards may limit accessibility of these establishments to people with disabilities (PWDs), thereby potentially depriving them of an opportunity to be integrated into society. A comprehensive assessment made by local government units is encouraged for effective implementation of the Philippine Accessibility Law.

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Acceptability of the training package on work related body mechanics

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Background and purpose: It is best to emphasize the importance of ergonomics in work places such as school and office. The necessity in applying the principles of ergonomics in school setting resulted in the creation of a training program on work-related proper body mechanics directed at preventing musculoskeletal injuries for optimizing school employees' productivity. These goals primarily promoted safety and reduced university's financial expenses connected with lost work time due to leaves and absences and medical treatment for work-related injuries.
This study aimed to develop and to assess the training package in promoting the selected work-related proper body mechanics for Science laboratory instructors, laboratory assistants and technicians at the Manila Central University. Specifically, this study determined the acceptability of the training package in terms of goals and objectives, method, content, organization, facility and equipment and the significant difference in the assessment of the physical therapists and other health care professionals on the aforementioned variables. The establishment of different functional body positions required in managing Science laboratory class as perceived by respondents as to sitting, standing, walking, trunk bending, twisting and rotating, pulling and pushing, squatting, reaching and lifting, facilitated the development of the training package. The study does not encompass determining potential adherence to the program.
Methods: This is a descriptive type of research utilizing purposive convenience sampling. The subjects were selected from health care professionals teaching at Manila Central University, SY 2010-2011. Twenty Science laboratory instructors, technicians, assistants, eight physical therapists, 18 other health care providers from selected Colleges of Manila Central University participated in the study. A training intervention form adopted from Pont (1995) was used to measure the acceptability of the training package based on the training goal and objectives, methods, content, organization, facility and equipment rated as Very Highly Acceptable, Highly Acceptable, Acceptable , Least Acceptable, and Not acceptable . Respondent information form from Jacobs and Bettencourt (1995) was utilized to determine the functional body positions required in managing laboratory class and classified as Constantly (67-100%), Frequently (34-66%), Occasionally (1-33%) and Never (0%).
Results: The overall mean scores and group mean scores for physical therapy instructors and other health care providers showed that the training was highly acceptable. There was no significant difference between the assessment of physical therapists and other health care providers as to the training goal and objectives, methods, content, organization, facility and equipment. The frequent body positions required in managing Science laboratory class were sitting, standing, walking, pushing and pulling, reaching and lifting comprising 34-66% of the eight-hour working time. Trunk bending, twisting, rotating and squatting were occasional body positions required in managing the Science laboratory class with time expenditure of 1-33%. The frequent body positions were given more emphasis in developing of the training package.
Conclusion: This study found high acceptability of the training package including its strengths and weaknesses. The recommendations and information given by the physical therapists and other health care providers served as bases for whatever improvements that may be instituted for the betterment of training package. Determining the acceptability of training package is a primary measure towards comprehensive and systematic implementation of the training program and success in achieving training objectives.

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A home-based program of transcutaneous electrical stimulation and task-related trunk muscles training improved seated reaching and quality of life in subjects with stroke

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Background and purpose: Impairments in seated reaching and decreased quality of life (QOL) are common in patients with stroke. Previous studies have demonstrated that combining transcutaneous electrical stimulation (TES) and task related muscle training (TRT) could enhance the motor recovery of lower limb functions in patients with chronic stroke. The purpose of the study is to investigate whether combining TES and TRT is more effective in enhancing seated reaching and QOL than placebo-stimulation and TRT or control with no active treatment.
Methodology: Thirty-seven subjects with stroke (27 males, 10 female, mean age 57.8±9.4 years old, post-stroke 44.2±28.3 months) were randomly assigned to either one of the three 6-week home based training groups: (1) TES+TRT, (2) placebo-TES+TRT or (3) control without active training. The outcome measures included forward and lateral seated reaching to affected side and non-affected side, and Short Form 12 version 2 Health Survey (Physical Component Summary and Mental Component Summary). All outcome measures were assessed at baseline, after 3 and 6 weeks of training, and 4 weeks post training at follow-up.
Results: The TES+TRT group had significantly greater and earlier improvement in Physical Component Summary than placebo-TES+TRT group after 6 weeks of intervention. Both the TES+TRT and placebo-TES+TRT groups had significantly greater improvement in mean change of lateral seated reaching (affected sided and non-affected sided) and Physical Component Summary than the control after 6 weeks of treatment and at follow-up.
Conclusion: Home-based program involving TES and TRT are feasible and acceptable in stroke population living in Hong Kong. Combining TES and TRT is more superior to placebo-TES+TRT or control without any active treatment in improving QOL in stroke survivors. The groups having TRT with TENS and placebo TENS is more superior to control in improving functional reach in different direction.

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A comparative study between scientific therapeutic exercise progressions (STEP) and conventional strength training in increasing the strength of dynamic shoulder stabilizers in the management of college of rehabilitation sciences students with anterior shoulder instability: A pilot study

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Background and purpose: The purpose of this study was to determine the difference between STEP (Scientific Therapeutic Exercise Progressions) and conventional strengthening program in treating individuals with anterior shoulder instability. Another aim was to investigate whether proper dosage, repetitions and type of stimulation during exercise are important in recovery of patients with shoulder instability.